

MARCH 2012 FREDERICK SENIOR CENTER ACTIVITIES

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
5 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class 2:30-Book Club	6 10:00-Blood Pressure 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	7 9:00-Strength Training 11:00- M&M Exercise/ 12:35-Blotter Bingo 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	3/1- 10-1:30-BINGO BASH 3/8- 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-3/8-"Canaries" 1:00-3/1-Bookmobile 1:30-Knitting	3/2 & 3/9 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*
12 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	13 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	14 9:00-Strength Training 11:00-M&M Exercise 12:30-"Important Papers" 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	15 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-"Never Ignore These <u>Signs"/Steve</u>	16 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*
19 9:30- Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	20 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	21 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30-A Time To Talk/Edi 12:30-Bridge /Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	22 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Music by Evelyn & Charles Summer</u> 1:00-Bookmobile 1:30-Knitting	23 9:30- Strength Training 12:30-Zumba Gold* 12:30-Canasta
26 <u>EARLY VOTING</u> 9:30-Strength training- Must sign-up-Aud.II (25) 11:00-M&M Exercise- Aud. II 12:30-Wheel of Fortune 1:00-Art Class	27 <u>EARLY VOTING</u> 11:00-Strength Training- Must sign-up-Aud.II (25) 12:00-Mah Jongg 12:15-Chair Yoga-Aud.II 12:35- <u>Bingo</u>	28 <u>EARLY VOTING</u> 9:00-Strength Training- Must sign-up-Aud.II (25) 11:00-M&M Exercise- Aud.II 12:30- " <u>Glaucoma</u> "Kitty 12:30-NO ZUMBA GOLD 12:30-Bridge/Pinochle 1:30-Line Dancing	29 <u>EARLY VOTING</u> 9:00-Quilting 11:00-Strength Training- Must sign-up-Aud.II (25) 12:15-Chair Yoga-Aud.II 12:30- <u>Bingo</u>	30 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold

FREDERICK SENIOR CENTER-1440 TANEY AVE., FREDERICK, MD. 21702-301-600-1605

LINDA MCGINNES-COORDINATOR 301-600-3525 www.FREDERICKCOUNTYMD.GOV/DOA

MEAL RESERVATIONS-DEB AYERS-301-600-1048-48 HOURS IN ADVANCE

HOURS-M-F-8:30-4:00

SPECIAL MEAL-MARCH 15-CORNERED BEEF